



# Chicken Tomatillo Salad

*Make a day ahead for a delicious lunch at work.*

**Makes 6 servings.** 1 cup per serving.

**Prep time:** 20 minutes

## Dressing

- 1 cup husked and quartered tomatillos
- 3 tablespoons light Italian dressing
- 1 fresh Anaheim chili, seeded and chopped
- ¼ teaspoon ground black pepper

## Salad

- 2 cups chopped, cooked chicken or turkey
- 1 cup chopped red bell pepper
- 1 cup frozen corn, thawed
- 1 cup chopped carrots
- 4 green onions, sliced
- ¼ cup chopped fresh cilantro

## Preparation

1. In a blender or food processor container, purée tomatillos with dressing, Anaheim chili, and ground black pepper; set aside.
2. Combine all salad ingredients in a large bowl and toss.
3. Drizzle dressing over salad and toss well to coat.
4. Cover and chill for 20 minutes or make a day ahead to allow flavors to blend.
5. Serve on lettuce-lined plates or bowls.

**Nutrition information per serving:** Calories 141, Carbohydrate 12 g,  
Dietary Fiber 3 g, Protein 16 g, Total Fat 4 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 38 mg, Sodium 149 mg